BOBBY AND LINDA SHUPE, OWNERS OF The Style Shed, located on Church Street, are shown with bowl, plucker and stand given away as part of their Grand Opening Celebration last weekend. The lucky winner was Mrs. Ruby Trent of Appomattox. The Style Shed offers quality clothing for women and children at affordable prices. (Photo by Bill Sherrod)

Seminar slated

How to survive in small business

If you are considering starting your own business or if you're already in business, you should plan to attend the "How to Survive in a Small Business" seminar sponsored by the Appomattox County Chamber of Commerce.

The seminar will be held on the evenings of March 29 and 30 at 7 p.m. in the board room of the Farmers National Bank, Triangle Plaza on Highway 460 in Appomattox.

The program is designed to provide much-needed information for those contemplating starting their own business as well as those already operating a small business. The topics covered will include: designing a business plan, methods of funding a business, record keeping, marketing your product or service, the legal aspects of operating a small business, the use of microcomputers in small business' operations, and sources of assistance available through the small business administration.

Speakers for the program will include faculty from Virginia Tech's Office of Management Development, Lynchburg College's Small Business Institute, the Small Business Administration, and the Appomattox County Chamber of Commerce. Guest speakers from your local area include Mr. W. S. Kerr, Attorney-at-Law; and Mr. James Pugh, Manager of the Farmers National Bank.

The registration fee for the seminar is $10.00 for chamber members and $12.00 for non-chamber participants. This fee covers instruction, program materials and refreshments.

You can register by calling the Appomattox County Chamber of Commerce at 352-5838 or by registering on the first evening of the seminar between 7:00 p.m.-7:15 p.m.

At CVCC

Workshop is slated

A three-day workshop on topics of interest to women will be held March 21, 22, and 23 at Central Virginia Community College. The workshop is being sponsored by the Junior League, The League of Women Voters, Churchwomen United, Altrusa, CVCC, The Department of Education of Virginia Baptist Hospital, The YWCA, Links of Lynchburg, The AAUW, and Family Services of Lynchburg. The theme of the workshop is to be "Today's Woman: Her Health, Her Wealth, and Her Life."

Health and its maintenance will be covered from physical well being to emotional balance. Total well being through proper nutrition and exercise will be discussed during the workshop. Peri-natal care and its importance during and after pregnancy is also a topic of the Women's Focus.

Of interest to every woman should be the topic "The Miseries of Menstruation: Does It Have To Be That Way?" The natural reversal of aging through proper exercises promises to be interesting and women are encouraged to wear clothes in which to exercise.

The cost of each workshop is $4, or a package ticket for $25 can be purchased. Brochures are available throughout Lynchburg.

For further information, call Becky Olsen at CVCC, 239-0321, Ext. 210.

Times-Virginian

BUSINESS

To board of directors

Chandler is appointed

Charles R. Chandler, Executive Vice-President of Virginia Fibre Corporation has been appointed to the Board of Directors of Under 21 New York.

Under 21 is chartered in a number of cities in the United States as well as in Toronto, Canada and in Guatemala as subsidiary corporations of Covenant House which is headquarted in New York City.

Covenant House began in the winter of 1968-69 when Father Bruce Ritter, a Franciscan priest, moved to the lower East Side of Manhattan to begin what has been termed "a ministry of availability". He saw the need to provide shelter and health services for the thousands of homeless teenagers wandering the streets of New York City, ignored by or unknown to the city's welfare and juvenile justice system.

Over the years it became evident that the need of "his kids" far exceeded his limited resources and the available resources of existing public and private social programs he was able to tap into.

In July 1981 a corporate reorganization was undertaken, creating Covenant House Corporation, and Under 21 as a subsidiary corporation.

The 1981 reorganization provided for a broad based support network which extends into major corporations around the country. This support includes not only financial resources but also help where volunteers may take leaves of absenses from their own jobs to work with "the kids".

According the Chandler, the Under 21 New York Board of Directors is a working board concerned with all operational aspects of the corporation. Chandler also has been appointed as chairman of the finance committee.

County receives ABC profits

Appomattox County received a $12,789.08 share of profits generated by the Virginia Department of Alcoholic Beverage Control for the second quarter (October through December) of the current fiscal year.

In addition, the town of Appomattox received $1,655.72, and the town of Pamplin received $336.06 from profits generated by the sale of distilled spirits, cordials and wines sold at state operated ABC stores.

A total of $6,581,675.38 was divided among the state's counties, cities and towns as a result of second-quarter ABC profits.

Appomattox County received an additional $2,106.63 from the wine liter tax. Under the liter tax, 22 percent of the total tax collected from the sale of wine is earmarked for distribution to counties and cities, and 66 percent of the tax goes to the state general fund. The rest is retained for ABC Department operating revenue.

ANGIE WEBBER has joined the staff of the TIMES-VIRGINIAN newspaper as a typesetter. Angie, the wife of Sammy Webber of Pamplin is a 1983 graduate of Appomattox County High School. She is the daughter of Mr. and Mrs. John Letterman of Pamplin. Sarah Vaughan left her position with the paper to work full-time with Appomattox Office Supply located on the lower level of the TIMES-VIRGINIAN building. (Photo by Allen Austin)

CVCC offers spring class

Central Virginia Community College will offer a "Fundamentals of Investing" class during the spring quarter.

The three-credit course will form the student's understanding of how to establish and fulfill personal investment goals. Major topics will include "Understanding the Securities Markets," "Sources of Investment Information," "Tax Considerations and Investment Risk," and "Investment Portfolio Management." The course will also deal with stocks, bonds, options, tax shelters, and real estate, among other investment means.

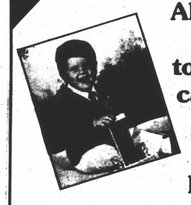
Tom Sims will conduct the course from 7-9:40 on Thursday evenings, beginning March 29.

For further information, call the Division of Business and Allied Health at CVCC, 239-0321.

MEMBERS OF THE APPOMATTOX CHAMBER OF COMMERCE met at Country Fare Restaurant last Friday morning for a breakfast meeting. A number of chamber projects were discussed and Bill Burke discussed plans for a trade show tentatively scheduled for Spring of 1985. The chamber members present agreed that they would work on the trade-shop concept. (Photo by Bill Sherrod)

ALL NEW!

BABY CONTEST



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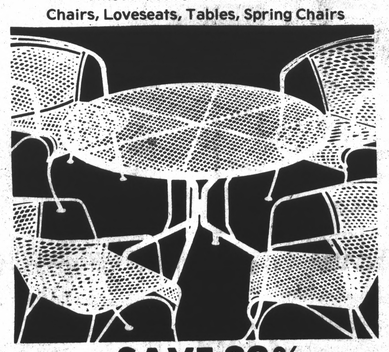

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Computer classes

Classes using microcomputers will begin Tuesday, March 27 in Room 301 at Appomattox County High School. COurses to be offered are as follows:

Word Processing - A course designed to develop skills and concepts in a modern office using computers. Editing, letter styles, manuscripts, envelopes, memos and tabulation will receive attention using machine language. Length of course: 30 hours or 5 weeks. Time: Tuesday and Thursday, 5:00 - 7:00 p.m. Cost: $25.00 including materials.

Computer Literacy - A course developed to cover the proper care of a microcomputer and diskettes. Fundamentals of BASIC programming will be introduced. Length of course: 20 hours or 5 weeks. Time: Tuesday and Thursday, 7:15 - 9:15 p.m. Cost: $25.00 including materials.

Persons desiring to enroll in either of these classes are requested to contact the School Board Office at 352-8255 between the hours of 8:00 a.m. and 5:00 p.m. The maximum number to be enrolled in each of the classes will be sixteen. Spaces will be assigned on a first come, first served basis. If more persons than the allotted spaces enroll, the persons registering will be designated as alternates and will be notified if a vacancy occurs.

Eva Delores Hamlett

Hamlett, DeMuth to wed

Mr. and Mrs. Allen H. Hamlett of Evergreen are proud to announce the engagement of their daughter, Eva Delores to Robert (Bobby) Allen DeMuth.

Delores is a 1982 graduate of Appomattox County High School. She is currently attending Phillips Business College and working at the Dairy Queen in Appomattox.

Bobby is the son of the Rev. and Mrs. Phillip E. DeMuth of Buchanan. He is a 1977 graduate of Randolph Henry High School. He is employed at Armstrong Furniture Company in Appomattox.

No date has been set for the wedding.

Diet can help behavior pattern

The adage "You are what you eat" should not be ignored when considering children's (and adults', as well) behavior and ability to learn and function effectively within the home, the school, and the community.

Do one or more of the following behavior disturbances remind you of a child you know: short attention span; overactivity; easily frustrated; irritability; poor sleep habits; and academic difficulties? If so, the child may be labeled hyperactive or be said to have an "attention deficit disorder" among others. No matter what the label, the problem seems to effect more and more children, particularly within the learning disabilities population.

The Feingold Diet is a recent method for controlling these behavior disturbances through the elimination of certain food additives and salicylates. Literally hundreds of families have been helped through the use of this diet.

Mary Kistler will be presenting the diet program along with a slide presentation. Mary is a Roanoke resident, nutritionist, diet consultant, former L.D. teacher, vice-president of the National Feingold Association, and most important the mother of a daughter who has been on the diet successfully for a number of years.

Following Mary's presentation, Sandra Owen will share her personal story. Not only is she an adult who has recently discovered she is sensitive to food additives and that they affect her behavior, but in addition is the principal of J.J. Fray Elementary School in Rustburg.

AMS Menu

March 14
Chicken Patti, yams, blackeye peas, hot roll and milk.
March 15 - Fish mixed greens, macaroni and cheese, hot roll and milk.
March 16 - Hamburger on bun, peas and carrots, french fries, milk
March 91 - Ham patti, macaroni and cheese, green peas, hot roll and milk.
March 20 - Beef-a-roni, slaw,d pudding, hot roll and milk.
March 21 - corn dog, boiled cookies and milk.

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SOCIAL

Concord club members attend annual convention

Eight members of the Concord Chapter attended the State Convention of the Young Homemakers of Virginia held Jan. 27 and 28 at the Omni Hotel in Norfolk.

Mrs. Barbara Jordan and Mrs. Dale Hampton were Concord's voting delegates.

At the Feb. 6 Chapter meeting, Mr. B. S. "Sam" Baker of Norfolk and Southern Railroad Company presented an educational program on railroad crossing safety which was open to the public.

Installation of officers was held at the Feb. 6 meeting. The new officers for 1984 are Mrs. Maureen Shupe, president; Mrs. Mary Jo Booth, vice-president; Mrs. Pat Lewis, secretary; Mrs. Frances Horning, treasurer; Mrs. Colena Roberts, historian, and Mrs. Dale Hampton, reporter.

On Feb. 24, the executive officers held a planning workshop for the 1984 Young Homemakers programs. We have an interesting and exciting year planned.

The March 5 meeting was held at the home of Mrs. Mary Jo Booth. Dr. William N. Riley, D.D.S., presented a program on fluoride and dental care.

The April 2 meeting will be held at the home of Mrs. Dale Hampton.

Young hearts club meets

The Young Hearts Club will meet Wednesday, March 28 at Mt. Comfort United Methodist Church at 10:30 a.m.

A short memorial service will be held in honor of Mrs. Edith Hunter.

Afterward, entertainment and fun will be featured for all. Bring a sandwich, and meet at Memorial United Methodist Church at 10 a.m. for carpooling.

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Szustak, Barger to marry

Ann Marie Szustak

Mr. and Mrs. Frank Szustak of Wyommissing, Pa., announce the engagement of their daughter, Ann Marie Szustak to Lt. Scot McClellan Barger of Lubbock Air Force Base, Lubbock, Texas, the son of Mrs. Robert Doyle of Centerville, Va. and Robert M. Barger of Denver, Colorado. He is the grandson of Mr. and Mrs. Henry Barger of Appomattox.

The wedding will be an event of May 26, 1984 in Reading Pa.

Cliftons announce birth

Mr. and Mrs. Tony Clifton are proud to announce the birth of a son, Adam Morgan Clifton, born Feb. 9 at 11:02 a.m. at Virginia Baptist Hospital.

Maternal grandparents are Mrs. Phyllis Woody of Appomattox and the late Mr. Lyle Phelps.

Paternal grandparents are Mrs. Louise McCormick of Gladstone and the late Mr. Vester Clifton.

Step-grandfathers are Mr. James Woody and Mr. William J. McCormick.

Great-grandparents are Mrs. Annie Meadows of Farmville and Mr. George Branch of Gladstone.

Homemakers slate meeting

The Country Lane Homemakers Club will meet Tuesday evening, March 20 at 7:30 at the home of Mrs. Nathan Snell, Highway 460, Evergreen.

The program will be about yeast breads made from a Master Mix. Please note this is a change of meeting place.

Thank You!

I want to thank my family, friends, and neighbors for their prayers, cards, phone calls, visits, food and flowers during my recent illness. A special "thank you" to the Rev. Jim Kerr and Dr. Larry Smith. I'll always remember your kindness.

Bill Wilhoit

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